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BROADMEAD, COCKEYSVILLE, MD

September, 2015

Three Speakers Address Issues....

Baltimore's Racial Problems Explored

By Joe Sterne

Photos by Erroll Hay

As the traumatic spring and summer of 2015 came to an end, Broadmead residents found themselves living in a Baltimore that had become the nation's poster child of a city torn



Kurt L. Schmoke

by distrust between its police force and its African-American population. The difference between our idyllic retirement community and the ravaged scenes of urban poverty just a few miles away had never been more graphic.

By helpful coincidence, the Open Forum Committee brought to the campus on June 11 and June 18 two men quite capable of putting this fraught situation into some kind of perspective. And on August 5 Broadmead's Multicultural Committee, which had spearheaded a drive to send food, toiletries and other necessities to the stricken inner city, brought a community college professor to talk on the long sad history of tension between the local police and the black community.

The first speaker was Kurt L. Schmoke, the first elected black mayor in Baltimore's history. He served three full terms before beginning an academic career as dean of Howard University's law school and now president of the University of Baltimore. The second

speaker was Lester Spence, associate professor of political science and African studies at Johns Hopkins University; and the third, Zak Kondo, associate professor at Baltimore City Community College.

It should be noted that Schmoke and Spence are a political generation apart. Whereas Schmoke had the burdensome task of actually governing the city, the younger professor could give us his interpretations of the current scene as an establishment outsider and instinctive critic.

Mayor Schmoke devoted much of his talk to the overwhelming problem of housing the poor and ridding the city of blocks and blocks of vacant dwellings that serve as petri dishes for crime, violence and drugs. Practical reforms were mandated. But Schmoke's distressing report was a litany of failed schemes to make available decent housing for the poor.

High rise buildings, in a way vertical ghettos, finally had to be blown up. While other issues,

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Among the many flowers beautifying the Broadmead campus this summer were these handsome shasta daisies in the garden of D-3. Photo by Erroll Hay

Racial Issues...from Page One

such as education and family breakdown, were bound to preoccupy any big city mayor, Schmoke's emphasis on real estate and its implications for city finances stood out. He spent little time commenting on the challenges of his new job as head of the city's centrally located public university.

If Schmoke was looking at lessons from the past, Spence was focused on the present and the ominous near future.



Leonard Spence

The two viewpoints were not contradictory; they were more like a continuum.

Spence was clearly unhappy with Baltimore's present mayor, Stephanie Rawlings-Blake, one of the city's black elite. He offered statistics that suggested she was spending more of the city's money on a police force and a criminal

justice system clearly biased against the black poor than did her white predecessor, former Mayor Martin O'Malley, later governor and now a presidential hopeful. Clearly on Spence's mind were the 2016 city elections and the prospects for some tough debates.

The two speakers had little optimism that Baltimore's racial crisis is waning. Crime rates are spiking and both are concerned that the trials of six Baltimore police officers charged in the death of Freddie Gray might set off more unrest – especially if they are acquitted. Their common fear is that Baltimore's mishandling of its housing problems over many decades has served to concentrate community unrest in the very poor neighborhoods still threatened by violence.



Zak Kondo

During the summer following the Schmoke-Spence talks, killings on Baltimore streets reached record highs and comity between the city's black mayor and black chief prosecutor fell apart. In this situation Broadmead's Multicultural Committee brought in Zak Kondo, who reviewed Baltimore's sad race-relations history.

After the Civil War, he said, ex-slaves moving northward encountered in Baltimore a police system entirely run by the city's majority white population. African-Americans could not testify against whites and were second-class citizens on many levels. The result at the end of World War I was severe rioting during the 1919 "Red Summer."

The history of the city's racial problem should be taught in Baltimore schools, he said, adding that the election of black politicians to high offices had, however, brought minimal change in the existing power structure.

He avoided any predictions about the trial coming in October of the six Baltimore police officers indicted in the Freddie Gray case, except to lament that this city will be the focus of world attention.

(Resident Joe Sterne was a longtime member of the Baltimore Sun newsroom staff, and served as editor of its editorial page.)

Open Forum

Thursday, September 10
7 p.m. Auditorium

Baltimore in the Spotlight

Dan Rodricks

Baltimore Sun columnist
Host of "Midday" on WYPR

Let's Sing

with Jonathan
Jensen
at the Piano



Monday, September 28
7 p.m. Lounge

New Executive Committee Leads Residents Association



Lining up for a formal photograph are the members of the 2015-2016 Executive Committee from front row left, Marjorie Espenschade, treasurer; Sue Carnell, second vice president; Jim Crowder, president; Bob Daly, first vice president; and Sibylle Ehrlich, interim secretary. Standing from left are Phyllis Erickson, cluster coordinator; Pat Lackey, liaison to the Board of Trustees; Erroll Hay, associate treasurer; Alma Smith, activities coordinator; and Dot Gustafson, interim associate secretary. Missing are Susie Fetter, also a liaison to the Board of Trustees; and Natalie Starr, chair of the Finance Committee.

Photo by Erroll Hay's remote control

By Marcia Reinke

Several newcomers joined the Broadmead Residents Association Executive Committee following the June elections and, effective July 1, are now running the all-resident organization, which coordinates over 40 activities and programs and serves often as liaison with the Broadmead Administration.

New to the board are **Sue Carnell** as second vice president; **Sibylle Ehrlich** and **Dot Gustafson** as interim secretaries and **Phyllis Erickson** as cluster coordinator.

Continuing as president is **James "Jim" Crowder** who, as first vice president, stepped up to the top slot in mid-year when former president John Michener resigned. A Broadmead resident for five years, Jim has served as first and second vice president, as ex-officio member of several standing committees, as a Barn Sale volunteer and as a leader of the Saturday meditation and QiGong gatherings. An Episcopal priest, he

served several area churches and was formerly the Senior Associate at Baltimore's Church of the Redeemer. Born in Mississippi, he earned a Bachelor's degree at Mississippi State University and a Master's of Divinity Degree at the Virginia Theological Seminary in Alexandria, VA. Jim and his wife Suzanne live in E-9.

Moving up to first vice president when Jim became president, **Robert "Bob" Daly** continues in the post. Also an Episcopal priest, as well as a native of Baltimore, he attended local schools, earned a Bachelor of Science degree in Humanities from Johns Hopkins and a Divinity degree from the Episcopal Theological School in Cambridge, MA. Prior to his retirement he served for 20 years as pastor of the Church of the Messiah in the Hamilton area. Bob and his wife Anne moved to Broadmead in 2013 and live in D-5.

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Executive Committee from Page 3

Sue Carnell is the new second vice president. Daughter of a Broadmead "mudder" (a first resident), she is a graduate of Goucher College and earned a Masters of Education degree from Johns Hopkins. Active in Quaker activities she taught reading for 24 years at Baltimore City Community College and has served on the Board of Friends School. In addition to swimming, her Broadmead activities have included the Bird and Nature group, Ceramics and membership on several committees. Sue and husband John live in A-13.

Continuing in office are Treasurer **Marjorie Espenschade** and Associate Treasurer **Erroll Hay**. Marj has an RN degree, earned at Johns Hopkins, and a bachelor's degree from McDaniel College. She worked for many years in the office of her husband Dr. Park Espenschade as both nurse and office manager. At Broadmead since 2012, she has been instrumental with Park in bringing the Great Decisions program here and in organizing bridge. They live in L-2.

Erroll graduated from Vanderbilt University with a degree in engineering following which he spent 42 years with Bethlehem Steel. At Broadmead he is serving on the Master Plan and Information Technology Committees and is photography editor of *The Voice of the Residents*. He and wife Nancy-Bets live in D-3.

Due to resignations in the secretarial positions **Sibylle Ehrlich** and **Dot Gustafson** have stepped in to help out as interim secretary and interim associate secretary until persons to fill these posts on a regular basis can be found and trained in the jobs. Both have served as secretary and associate secretary in recent years.

Born in Germany, Sibylle came to this country when she was 11, attended Northfield School for Girls and Elmhurst College, and taught German and French at Goucher College for 25 years. She lives in C-13. Dot is a Goucher graduate and taught middle school classes in public and private schools in the Baltimore area. She lives in D-7.

Sibylle moved to Broadmead in 2005; and Dot in 2002.

Continuing as liaison to the Board of Trustees is **Pat Lackey**. Pat has a Ph.D from the University of Maryland in Clinical and Forensic Psychology and has worked in the field. She moved to Broadmead in 2007 and lives in K-14.

Named as the other representative to the Board of Trustees is **Susie Fetter**, who has continued on the committee as a past president due to a bylaws change a few years ago. In recent years past presidents have moved on to become one of the liaisons to the Board of Trustees but Susie declined that position earlier because her husband was at that time one of the trustees.

Susie is a graduate of Goucher and a former teacher. She and husband Bob moved to Broadmead in 2007 and live in E-2.

Serving on the Executive Committee as cluster coordinator is **Phyllis Erickson**, who lives in B-14. A graduate of Northwestern University and a long-time resident of Cockeysville, she has worked in banking, in both administration and marketing, retiring as assistant vice president of the Union Trust Bank.

Alma Smith, who was appointed to a new post as activities coordinator last spring, will be continuing in that role. Before moving to Broadmead in 2006 she was administrative secretary to the deputy superintendent of the Baltimore County Schools.

At Broadmead she has served on multiple committees, chairs the Residents Assistance Fund and is now president of the local chapter of the Maryland Continuing Care Residents Association. She lives in K-9.

Natalie Starr, as chair of the Finance Committee, will also be serving on the Executive Committee. A graduate of Bryn Mawr College where she majored in economics, she later earned an MBA from American University and the designation as a Certified Financial Planner. Prior to retirement she worked with a financial planning group. She lives in H11.

Check the bulletin board behind the Reception Desk for Trips Committee information and sign-up sheets for day trips.

Reception Kicks Off Hopkins Collaboration

Broadmead's collaboration with Johns Hopkins Health Care, LLC, aimed at creating centers of excellence in dementia care and health and wellness, was celebrated at a July reception attended by residents, staff and Hopkins personnel.

"We believe that with its team of world-class experts ...its nationally recognized specialists in geriatric research and its proximity to Broadmead, Hopkins is the best possible partner," CEO John Howl said in introducing participants.

Howl, Health Care Services Administrator Andrea Dwyer, COO Robin Somers, and Chief Medical Officer Barbara Carroll will head the Broadmead effort. Hopkins team members, including Bruce Leff, M.D., will be led by Constantine Lyketsos, MD, MPH and Samuel Durso, MD, MBA. Six researchers will be involved, three for the dementia program and three for health and wellness.

The team's dementia goal is a program that combines current best practices with

forward-thinking approaches and evidence-based research to improve quality of life for those afflicted with Alzheimer's and other forms of dementia, their loved ones and caregivers. It is hoped that the program will enable those with dementia to stay in independent living significantly longer than they are able to today, Howl said.

The health and wellness initiative will investigate physical, intellectual, social, vocational, spiritual, environmental and emotional health and develop an evidence-based program that promotes healthy aging and supports quality of life.

The use of technology to enhance seniors' ability to age in place will be integrated and supported by the Asbury Group, which has been retained by Broadmead to oversee senior living information technology.

The first phase of the collaboration is expected to last 18 months. Once Phase One is complete, the two organizations will work together to more clearly define the next phase.



Bruce Leff M.D. and John Howl

New Cluster Reps Named

Introduced at the Residents Association annual meeting and now representing the various clusters are: (A) John Carnell; (B) Sally Childers; (C) Sally Bloomer; (D) Jim Butzow; (E) Flo Platt; (F) Bob Gist; (G) Ethel Landis; (H) Frank Iber; (J) Dave Gilbert; (K) Hyko Laeyendecker; (L) Mary Lee Anderson; (M) Jean McGregor; (N) Bobbie Siebens; (P) Michael Bielefeld; (Q) Marta Kaplan; (R) Jo Kohler; (W) Carol Glowacki.

Comprehensive Care, Helen Davis; Taylor, Bea Post; Stony Run, Bonnie Cox.

Writers Group

Fridays, 4 p.m. Fireplace Room

First Monday Book Group

Auditorium, Mondays 10:30 a.m.

September 7 The End of Your Life
Book Club

by Will Schwalbe

October 5 Being Mortal

by Atul Gawande

November 2 Orphan Train

by Christina Baker Kline

Books may be borrowed from the Bookmobile. Consult Broadmead schedule.

“Good Death” Groups Hope for Peaceful End, Time for Good-byes, Urge Advance Decisions

By Marcia Reinke

No long illness, but a time to say “good-bye.” A sense of closure or completeness, at peace with ourselves, our families and our God, forgiven and forgiving and without regrets.

These are the major hopes of the 75 Broadmead residents who participated recently in seven community discussion groups on the “Good Death,” a project organized by the Residents Health Care Committee.

Admitting that “ultimately we are not in control,” the resident volunteers, led by former Health Care Committee Chair Mary Frances Wagley, stressed the need for advanced planning and for striking a balance between extremes in regard to medical care. A report summarizing the project’s findings was issued by Wagley in July.

“Some of us felt we need not be afraid while others expressed a fear of the unknown,” the report said.

Advance arrangements should include a recently reviewed MOLST form; a recently reviewed will; a medical power of attorney; and written funeral arrangements including wishes regarding burial, cremation or donation of one’s body to science.

Families need to know where important papers and keys are, and what passwords and security codes they may need.

Decisions involve striking a balance between extremes, the report said. Do we want aggressive medical intervention (doing all that is medically possible to try to sustain life) or do we want palliative care only (to be kept as comfortable as possible?).

Do we want relief from pain even though this “knocks us out” or will we tolerate some pain to retain a state of alertness?

“These are important but subjective decisions,” the report said, noting that participants had strong opinions about which they should make both families and medical professionals aware.

The Broadmead groups did not shy away from difficult and controversial issues. Although refusing food and drink to hasten

one’s death is acceptable and a decision honored by Broadmead’s medical services, death with an end-of-life drug is not legal in Maryland. A bill in the state legislature was defeated in 2015 but will doubtless be reintroduced in future sessions.

Almost all the participants expressed fears that Alzheimer’s disease or other forms of dementia will deprive them of their decision-making abilities, a major reason for decision-making now.

Wagley’s summary report was based on notes taken by volunteer scribes at each of the seven sessions.

Music Committee Announces 2015-2016 Concert Series

Jerry Green and Phyllis Olson, co-chairs of the BRA Music Committee, have announced plans for the 2015-2016 Concert Series as follows:

Thursday, September 3, 7 p.m.

Soheil Nasser, international piano sensation, who appeared at Broadmead last year and has been consistently acclaimed by audiences and critics alike

Wednesday, October 14, 7 p.m.

Meridian Piano Trio

Wednesday, November 18, 7 p.m.

**Ismar Sergio Gomes, cello
and Wan-Chi Su, Piano**

Wednesday, December 9, 7 p.m.

Baltimore Choral Arts Society

Wednesday, February 3, 7 p.m.

**Zane Forshee and Mark Edwards
Duo Guitarists**

Wednesday, March 30, 7 p.m.

**Michael Kannen, Cellist
and Kyung Wha Chu, Piano**

Sunday, June 12, 2 p.m.

Symphonical Brass



Amazing Collections Enhance Doll Show

Photos by Erroll Hay

Raggedy Ann and Andy, brides, Chinese and Indian originals, puppets, African wonders - these are but a few of the dozens of dolls residents and staff brought forth for a first-of-its kind June doll show in the auditorium. The event was organized by Marty Nichols in Lifestyle.

At top: Resident- and staff-owned dolls of many sizes, shapes and ethnicities covered two long tables in the auditorium for the June event. At top right are puppets made by Gwen Marable. At right, Gwen displays her African doll collection.



Newly Arrived Residents

Stanton and Elsa Collins	C-12
Laura "Lolly" Farrington	N-2
Richard Goody	H-7
Phyllis Hoyer	E-1
Kenneth and Bonny Lewis	G-6
Takashi and Sachiko Ono	G-8

BRA Health Care Lecture

Tuesday, September 15
10:30 a.m. Auditorium

Hepatitis C and Its Cure

Dr. Frank Iber
Broadmead Resident

New Residents Reception

Thursday, October 15, 7 p.m.

Wear Name Tags

September 1, 2, 3

Broadmead Briefs...

Buyers at this fall's September 24-26 **Barn Sale** will see three major changes. Books will be back as a major category, after a hiatus of several years, due to weeding efforts in the Broadmead libraries. The Thursday night (2-6 p.m.) "presale" of furniture will be open this year to everyone, not just residents and staff. And prices will be halved during the entire Saturday sale, not just in the last hour.

Recent figures from **Kristy Krueger, VP of Marketing**, show that Broadmead is now at 93 per cent occupancy and 96 per cent reserved. Nine closings are firmed up and already on the calendar through the end of the year. At recent Fireside Chats, CEO **John Howl** has highly commended Marketing's efforts as a "huge milestone." Two years ago Broadmead's percentage of occupancy was in the low '80s.

New Hospitality Committee co-chairs **Ruth Fleishman and Mary Sturm** have announced that there will be a newcomers' reception in the auditorium Thursday, October 15, at 7 p.m. Save the date.



Hailstones helped greet the Fourth of July at Broadmead this year. This baseball-size chunk of ice was among those recovered outside Cluster C.

Photo by Edie Cleaves



A program of Brahms and Debussy for four-hands piano was presented here in July by Phyllis Olson, right, and former resident Molly Schaeren.

Photo by Erroll Hay

Sew & So, the resident sewing group that replaces buttons, fixes hems, takes in and lets out, is in need of volunteers to help out the three regulars. Those interested and willing may contact **Elaine McDonald** (8219). Sew & So is open Tuesdays and Wednesdays from 10 a.m. until noon. Proceeds go to the Broadmead Residents Association.

Conservation advocate **Sally Bloomer** reports that a new chairman is needed for the Conservation Committee. Recent accomplishments have included recyclable food containers, removing unnecessary lights in the pool and turn-off signs at light switches.

BRA president **Jim Crowder** has appointed **Peggy Patterson, Ruth Martin, Beverly Becker, Hyko Laeyendecker and John Carnell** to a library task group, to look at best approaches to the weeding of Broadmead's 8,000 books and to look at library venues under the new Master Plan. John Carnell is chairing the group.

Victoria and Terrence Bragg will be working with the library task force to determine the best placement of the library computers. They will also be looking at all 16 BRA computers to determine what needs updating and replacing. **Victoria** will be in charge of the Computer Lab.

Thirty residents have expressed an interest in a new round of iPad classes. It is expected that one section will be held this fall and two in the winter. Sign-ups are expected this month. **Kitty Stierhoff** is handling the organization of these classes.

Appointed by **Jim Crowder** to a committee to evaluate proposals for one or more new pianos

are **Bill Breakey**, chair, **Anne Culbertson**, **Bob Fetter**, **Michel Kelly**, **Flora Logie**, **Ellen Williams** and **Jean Wilson**.

Dave Gilbert and **George “Duffy” Mathias** have been appointed by **Jim Crowder** to handle the annual audit of the Residents Association’s financial records.

The Residents Association has made \$6,000 in charitable contributions from year-end surplus funds. Receiving \$1,625 each were the Bookmobile, the Baltimore County and Harford County Fire Departments, which provide ambulance service here, and UCAN, a church sponsored food pantry.

The Voice has been asked to consider printing on a matte finish to help readers who have difficulty with glossy paper.

In selecting the current usage, the Voice staff worked closely with the commercial printer to determine for the majority of seniors the best paper finish, as well as font types and sizes.

Although commercially printing two versions would be too costly, the Voice staff will provide on request an in-house lower resolution version for those in need.



The art work of Carolyn Murphy was featured in a water-color exhibit here by a group known as Complementary Colors this summer. Carolyn sold five of her paintings at the event.

Oops...

The author of the cutline under Erroll Hay’s June issue back page picture was informed by Bird and Nature Committee members that the beautiful carpet of tiny yellow flowers photographed on Trail Day were **not buttercups** but **lesser celandine**. Later, however, before *The Voice* could make a correction, **Sue Carnell** reported that “lesser celandine” are also called “fig buttercups.”

A mistake (maybe) averted, we thought. But *The Voice* learned subsequently from another eagle-eyed resident (who consulted Wikipedia) that fig buttercups are considered invasive. So next year, fig buttercups will join garlic mustard on the list of “no no’s.”

Got to be careful around here. Little gets by Broadmead’s resident experts in ... well, everything ... and if you goof up, they’ll let you know.



Among those participating in a summer trip to Ladew Gardens were Fran Pollard, Phyllis Hoyer Judith Hundertmark, Virginia Schurman, Peggy Taliaferro, Mary Frances Wagley, Mary Sturm, Sue Carnell and Ruth Williams.

Broadmead Leaders Address MaCCRA; Membership Drive Now Underway

By Marcia Reinke

Noting that state regulations “help protect both residents and management” and result in “sound business practices,” two members of the Broadmead leadership team, COO Robin Somers and CFO John Palkovitz, addressed local members of the Maryland Continuing Care Residents Association at their annual meeting here.

Asked to speak on the topic “State CCRC Regulations: Good or Bad?” Somers, former executive director of the Fairhaven CCRC in Sykesville, showed off her red “cook book with recipes for CCRCs,” a compilation of regulations, which is available for residents to peruse by contacting her administrative assistant Teri Starks. Noting that networking with other CCRCs through MaCCRA is invaluable, she also explained the differences between Type A and Type C contracts, both of which will shortly be offered to new residents. Somers also serves on the board of LeadingAge, Maryland, which represents providers and management.

Palkovitz, who formerly served as a financial officer at a Pennsylvania CCRC, lauded the fact that Maryland CCRCs are governed by the Department of Aging (DOA), while those in Pennsylvania are regulated by the state insurance department, which does not look at renovation plans for existing CCRCs. Pennsylvania CCRC records are not reviewed unless financial troubles are evident. There is no resident representation on CCRC boards and no transparency, he said. In Maryland, unlike Pennsylvania, once a resident signs a contract, it cannot be changed or amended unless all parties agree.

Also speaking on contract types and her work with CEO John Howl about the Broadmead Master Plan submissions required by the state was Marty Roach, who handles CCRCs for the Department of Aging. She has been working with MaCCRA on legislation requiring regular periodic actuarial studies for Type C, as well as Type A communities like Broadmead.

The annual local MaCCRA membership drive is now underway, seeking both renewals and new members. In 2014-2015 the Broadmead chapter had 189 members, one of the highest percentages in the state. A new bylaw change opens membership to family and friends as well as residents.

Kelly Heyward Named Director of Nursing

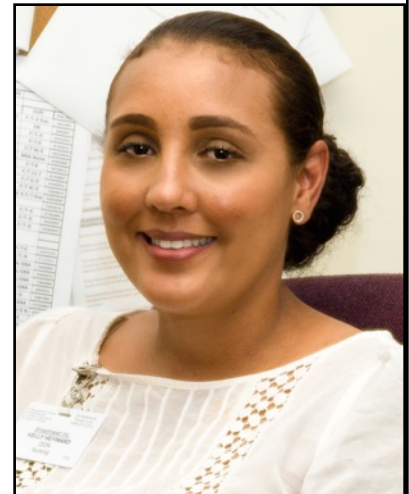
By Elborg Forster

Kelly Heyward, RN, Broadmead’s new director of nursing, comes to us from York PA, where she was in charge of the 270-bed Wilmac facility, which focuses on skilled nursing.

She still commutes from York and says that she does not mind. Working at Broadmead will offer new challenges, involving as it does patients in both Assisted Living and in Long-Term Care. Kelly is well prepared for these challenges. She has completed her studies for the degree of Nurse Practitioner, which she will receive in a few weeks.

As Director of Nursing she will spend much of her time making sure that Broadmead is in compliance with the policies and procedures mandated by state regulations and the Maryland Department of Aging.

Of particular interest to Kelly is the development of techniques for avoiding falls.



IPad Workshop Sign-ups

Forms available at Reception Desk
September 10

Stop-Diabetes Fight Comes to Broadmead

Staff and Residents to Be Involved
In Nutrition and Exercise Plan
City Walk Scheduled for October 4



Story and photos by Marcia Reinke

Broadmead's John Howl has been named one of six new CEOs who will participate in a Stop-Diabetes program created by the American Diabetes Association and implemented in partnership with the Greater Baltimore Committee.

Howl, who lost his wife Cindy to diabetes shortly after they came to Broadmead a little over a year ago, said "I've seen the devastating effects of this disease first hand. I'm honored and excited to raise awareness of diabetes and how to prevent its onset."

At a kick-off event, complete with noisemakers and balloons in the auditorium August 18, Howl explained that he will lead Broadmead, along with the Employee Wellness Committee, in a series of activities designed to help prevent the disease, which is on the rise in Maryland, affecting 600,000 people, with another 1.2 million at risk.

"My initiative will bring a focus on nutrition and exercise to Broadmead, encouraging employees, residents and neighbors to participate in a walking program and challenge, (and) attend nutritional classes." He said he

hopes to educate the community by understanding and embracing a "farm to table" concept.

Broadmead will also create a team for "Step Out Baltimore," a walk to stop diabetes, hosted by the American Diabetes Association. The walk is scheduled for Sunday, October 4, at the Canton Waterfront Park.

Broadmead has committed to raising \$5,000 for diabetes research, patient services and advocacy, he said. Those wishing to join one of the Broadmead walking teams, make a donation or get more information may find it on line at main.diabetes.org/goto/teambroadmead.

Wellness Department's Kaitlyn Bownds on the Benefits of Walking



Improves blood pressure
and blood sugar levels.

Reduces the risk of non-insulin dependent
(type 2) diabetes

Reduces the risk of coronary heart disease

Improves blood lipid profiles

Maintains body weight and lowers risk of
obesity

Enhances mental well-being

Reduces the risk of osteoporosis; can
stop bone loss

Reduces the risk of breast and colon
cancer

Improves circulation

Strengthens muscles, improves sleep,
lightens mood

Lowers Alzheimer's risk

BROADMEAD WELCOMES

Nancy Clark, P-8, 443-578-8225.

nancyandherbclark@verizon.net. July 2015.

Like President Obama, Nancy Clark started off as a community organizer. In her case she started in D.C. in 1957 when she went to work for the Adams Morgan Development Project, a pilot program sponsored by American University.

Assigned to get to know the neighborhood, she was able in those drug-free days to walk through the streets talking to residents .

Once she became known, she was able to engage people in neighborhood clean-up projects.

About that time, she met husband Herb, got married and moved to Baltimore, where she first taught school in Highlandtown. She then did home-teaching of disabled children who were not permitted to attend regular school.

Community organizing and its principles had become part of Nancy's life though and she soon found herself working for Catholic

Charities as case manager of a program for mentally ill homeless women. Initially a day shelter, the program prospered and was later able to offer night services.

Upon her retirement from Catholic Charities in 1995, Nancy plunged into what became an 18-year

stint volunteering for the Govans Ecumenical Development Corporation (GEDCO), which provided food and financial assistance to area residents. Together with her husband Herb she recently received an award from the City Council of Baltimore City in recognition of years of faithful, dedicated service to the York Road Partnership and the Communities of North Baltimore.

As a member of a Quaker committee on aging that charted the course that led to the development of Broadmead, Nancy's connection to Broadmead predates Broadmead itself.



Nancy graduated from Wilmington College, Ohio. She and Herb have three children and one grandchild.

By Jackie Mintz

Herbert Clark, P-8, 443-578-8225,

nancyandherbclark@verizon.net. July 2015.

Herbert Clark's career illustrates the rapidly changing nature of American life in the 1940's. Benefitting from the booming post-War economy, Herb landed a job at Bethlehem Steel immediately upon graduation from Rensselaer Polytechnic Institute (RPI) in Troy, NY. GE, Beth Steel and other companies flocked to schools like RPI and offered jobs without interviews. Herb recalls that when he was asked for a resume, he didn't know what one was.



It could have been different. Herb was raised in rural upstate New York. Since the students at the local high school were expected to be farmers, the school did not offer a college preparatory program.

However, his father, an engineer for American Meter, insisted they introduce such a program. So Herb and his brothers were able to attend RPI.

When Herb was drafted into the Navy, he hoped to be assigned somewhere different in order to see the country but, except for his flight training in Pensacola, FL, his other assignments were all in Maryland.

At Beth Steel, Herb spent 10 years on the project to bring computerization to Sparrows Point. He ended up as Turn Foreman, where he was responsible for all aspects of a shift.

In contrast to those relatively smooth years for Herb and his peers, he recalls that it looked less bright for others.

Black employees were slotted into segregated departments, and because of departmental seniority could never move into other better-paying departments. That ended in the 1970's when company-wide seniority was adopted.

Herb met his wife, Nancy, in 1958. Married in 1960, they settled in Cedarcroft. After retirement, he joined his wife in volunteering for GEDCO. *By Jackie Mintz*

Betsy Steele, J-11. 443-578-8227.
betsysteele@verizon.net. June 2015

Betsy Steele's eyes light up when she talks about working with the countless patients whom she served during her 44 years in nursing. From 18 years as a staff nurse in the emergency room, to working with recovering heart surgery patients, then with psychiatric patients, as well as family health practice, Betsy has done it all.

Betsy grew up in Washington, D.C. where her father worked at the Department of

Agriculture as a soil scientist.

Her family spent two years in Jamaica when Betsy was in her teens. Graduating from Woodrow Wilson High School, Betsy went directly into nursing education, first at Ohio State University and then Georgetown, where she also spent a year working



with Dr. Charles Hufnagel, who devised the first plastic heart valve. She later obtained an R.N. Degree and a Bachelor of Science in Nursing degree at Towson University.

Much of Betsy's practice was at Franklin Square Hospital. She also worked at the Carter Center at Bayview Hospital.

Before coming to Broadmead, Betsy lived in the Hamilton area of Baltimore for 37 years. She has brought her dog, Teddy, with her. She will keep busy with her book group as well as her needlework and gardening.

By Mary Ellen Saterlie

Barbara Hiscock, C-19. 410-967-3033.
barbara.hiscock34@gmail.com. July 2015.

A long-time manager at the National Institute for Aging, Barbara Hiscock is very familiar with the many problems aging brings. She was manager of one of the oldest longitudinal

studies on aging in the country, the Baltimore Longitudinal Study of Aging, started in 1958 by Nathan Schock and located at Hopkins Bayview.

Gerontology is different from geriatrics, Barbara explained. The latter deals with older people; gerontology deals with the process of aging.

Barbara enjoyed the challenges of her role, which was, as her boss put it, to "operationalize" the studies. She also loved the participants, who came every two years for three days of testing.



Managing the researchers though was like herding cats, according to Barbara, a veteran ailurophile (cat lover) who has fostered multiple cats over the years.

Retired in 2001, Barbara finds herself thinking about some of the participants as she begins to make the same kinds of adjustments to aging that she witnessed them making.

A Baltimore and Towson native, Barbara graduated from Mary Washington College in Va. She lived in West Towson before moving here. Her husband William died in 1994. Barbara has two sons from an earlier marriage, David and Michael, both in Baltimore; two stepchildren; and two granddaughters.

Aside from kittens, Barbara's hobbies include reading (she belongs to two book groups), bridge, cooking and her granddaughters.

By Jackie Mintz

Laura "Lolly" Farrington, N-2, July 2015.
443-578-7272. Dlfarrington@verizon.net.

Laura "Lolly" Farrington came into this world in a Baltimore taxicab. After that unusual entrance, she has led a life punctuated by moves.

The daughter of a construction engineer for the Pennsylvania Railroad, Lolly moved numerous times in her childhood. The first years of her marriage were also characterized

Welcomes continued

by travel, although it was her husband who traveled for his job. Graduating in 1956 from Bethany College in Bethany, WV, Lolly and her husband Donald settled in Baltimore,



where she devoted 17 years to raising two girls and a boy, while her husband maintained a busy travel schedule in his job in the Exxon marketing department.

In 1974, Lolly began a career in real estate, first on the commercial side, and then in residential real estate. She took special delight in finding

the right house for her clients. During that period, while living in the nearby Greencroft Community, she learned about Broadmead.

When her husband retired in 1992, they moved to North Carolina in search of warmer winters and cooler summers.

Seven years later, they moved to Church Creek on the Eastern Shore, home of the country's oldest existing Episcopal chapel. When Donald died, Lolly moved to Columbia near a daughter. The senior community that she settled in, Scotts Glen, seemed ideal but filed for bankruptcy one year later. So, after seven years in Columbia, Lolly moved to Broadmead, where she has numerous friends from Maryland Presbyterian Church.

All these moves notwithstanding, Lolly was an active volunteer, including at GBMC, Habitat for Humanity, and Gilcrest Hospice.

Her hobbies include reading, home decorating, line dancing, Mah Jongg, gardening and crocheting.

By Jackie Mintz

Phyllis Scarborough Hoyer, E-1
443-578-8279. wonderphyll@aol.com.
June, 2015

In addition to a full career in teaching, Phyllis also led a second life in environmental activities. She joined Earthwatch Institute, and accompanied a crew to Puget Sound to photograph endangered Orca killer whales.

The next year she and her husband Lawrence went to Fiji to document the regeneration of a shallow coral reef after typhoon damage. They then conducted a census of tidal pools in the Canary Islands. In Baja, Mexico she did research on spiders, cacti and lizards. She joined the National Geographic 'World Discoverer' expedition ship to the Russian Far East and also visited the Aleutian and Pribilof Islands, Greenland, Norway, Japan, New Zealand and Bora Bora. In 2012 she visited the Galapagos Islands and Machu Picchu. She loves to hike and has done so on the Appalachian and the C & O Canal trails.



A native of Snow Hill on the Eastern Shore, Phyllis went to Hood College. She and her husband settled in Walkersville in Frederick County, where they raised two children: Brian and Andrew. She also has a granddaughter, Madison Nichole.

After graduating from Towson University, Phyllis earned a masters degree in Education at the University of Maryland. She taught home economics and early childhood education. As a court-appointed special advocate, she supervised visitation for foster children with the Mental Health Association. When her husband died in 1997, she established a scholarship fund in his memory.

Phyllis enjoys dancing, gardening, reading and needlework. She doesn't do much resting.

By Mary Ellen Saterlie

Pearl Petersen Van Natta, Q-10.
443-578-8391. June, 2015.

Pearl Van Natta really didn't want to leave her home in Portland, Oregon, but after marrying and moving to Colorado in 1947, she learned to love it there while raising a family.

But where in the early 1970's, could a woman with a Masters plus two additional years of graduate work in mathematics get a

decent job? The answer was Baltimore, Maryland. So in 1972, Pearl's career as a research associate began in the Department of Epidemiology at the Johns Hopkins School of Public Health.

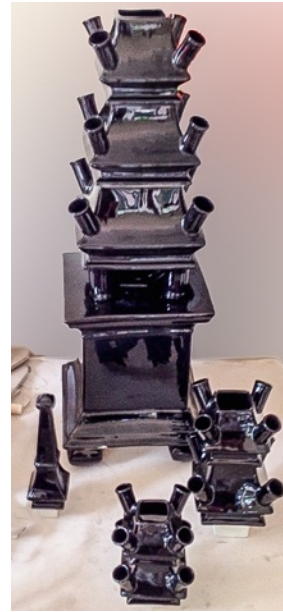


Pearl's work at Hopkins centered around the birth control research of Drs. George W. Comstock and Abraham Lilienfeld. She helped manage studies working with subjects both in Baltimore and Hagerstown.

With parents from Scandinavia, Pearl learned folk dancing and remembers the joys of folk dancing in Portland. Retired in 1990, she continues her interest in folk dancing, having belonged to a folk dance group in Baltimore. She is also a reader, keeping up with research in the *Scientific American* and various medical journals. She likes to hike and has done so in her parents' homelands of Norway and Sweden.

She has three daughters; Leah Sideras, Darcy Bunting, and Michelle Van Natta, and five grandchildren.

By Mary Ellen Saterlie



And lo! The ugly duckling became a swan...



Dosia Laeyendecker thought husband Hyko was nuts when he had the contraption at left shipped home from a trip to Holland recently at what Dosia claimed was an exorbitant cost. "It's a tulip vase," Hyko said ... (what else would one get in Holland?) It was too late in the Broadmead season for tulips but look what Hyko did with other flowers for a recent marketing event. And he's planting tulips to show off the contraption next May.

Photos by Erroll Hay

Broadmead Play Readers

will present

The Geriatric Prometheus

by Eli Freedman

Wednesday, September 2

7 p.m. Auditorium

Cast

Frieda (Frankie) Stein	Shirley Christie
Adele	Susie Fetter
Charles	Jim Crowder
Donald	Bob Heaton
Meredith	Alma Smith
Henry	Walt Hudson
Director	Charles Lee



Elborg Forster shown here transporting cut-flower arrangements to decorate the Center demonstrates that Broadmead flowers are beautiful even without a tulip vase.

Photo by Erroll Hay

Out with the carpenters! In with the honey!

By Penny Partlow

When Isaac Watts wrote "How doth the little busy bee improve each shining hour," it is doubtful he had the carpenter bee in mind.

The super-size dive bombers found for years near Broadmead's wooden fences and cluster-home eaves have offered fright rather than improvement to residents.

Although these insects do not sting unless challenged, they have been frantically busy annually, boring into available wooden structures to create tunnels in which to raise their larvae. Tiny piles of sawdust near their work places have testified to their efficiency.

All this, however, may be a thing of the past.

Environmental Services and the pest control people came to the rescue in late May.

Ladders went up and affected areas were treated with a product made from flowers and a silica gel that is not harmful to plant material, pets or people.

Prior to the arrival of the pest-control team, and because Broadmead has its own apiary - resulting in its having both "good guy" and "bad guy" bees - resident Rhett Murphy placed a detailed article on Broadmead's listserv that answered many questions about

all bees and their habits. Even though the carpenters are not known for attacking humans, their size and persistence is unnerving when one is surrounded by a buzzing swarm of what appear to be

bumblebees. Only the females are able to sting if provoked.

A search of the Internet yielded numerous sources that cite the carpenter bee as a significant pollinator of some vegetables and flowers. The *xylocopa virginica* is apparently a difficult bee to raise in quantity and is a more proficient pollinator in the Western states.

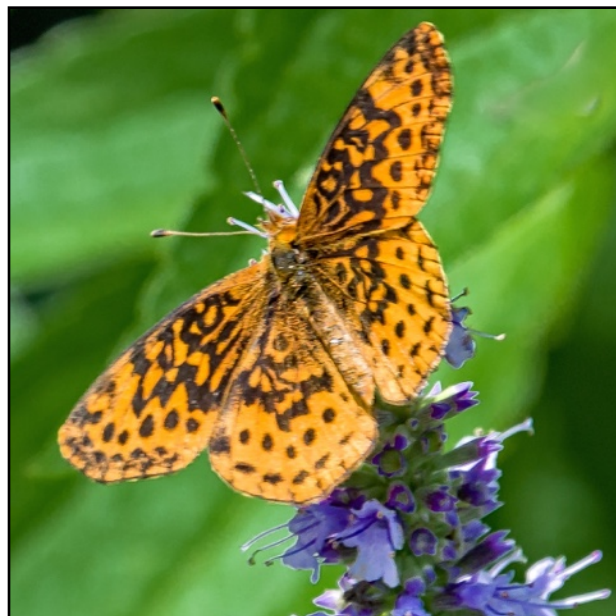
The *Baltimore Sun* reported that losses of honeybees in Maryland are among the highest in the United States and the Broadmead

apiary is no exception. Resident beekeeper Michael Kelly reports that Broadmead lost three hives over the winter but all have been restocked with new queens and workers and are up and running.

He and beekeeper Cliff York anticipate a successful honey yield as the black honey locust trees are in unusually profuse bloom, as are the tulip poplars. These trees, which are plentiful in this area, are the primary sources of honeybee nectar.



A good guy



... and these are just pretty guys of which we had a lot around this year. Photos by Erroll Hay

Transformation of transportation deserves kudos

By Jackie Mintz

Under Joyce Malone, Director of Environmental Services, and George Pattee, Director of Campus Safety and Capital Planning, the transportation picture at Broadmead has seen dramatic improvement.

It is already far better than a year ago when the availability of transportation was not widely known and residents seeking transport to early morning surgery were told the vehicles did not operate until 8:30 a.m. Now three regular medical trips are made a day, with special arrangements for early appointments or late discharges. At present transportation to dental and psychiatric appointments may only be booked for a fee. Buses and vans run to supermarkets and malls twice a day, two times a week, and to resident choices once a week.

The immediate future looks yet more promising. With plans almost complete for hiring three full-time drivers, added to the current two "flex" drivers, medical trips will be offered more frequently, so that residents need not leave earlier than necessary for an appointment or wait to be picked up. Regular transportation will be available from 6 a.m. to 9 p.m.

Just as important is the imminent hiring of a transportation and security coordinator, who will be in direct communication with all drivers and security guards. The goal is to fill this and the dispatcher positions by mid September. Plans are also in the works for adding one or two more vehicles.

Meanwhile, until a 1 p.m.-9 p.m. driver is on board, residents who are discharged late (that is, after 4 p.m.) will be picked up by Jimmy's Cab, with which Broadmead has a contract for this purpose. Early appointment requests are met by one of the flex drivers. A resident who needs to be picked up after 4 p.m. should call Reception (8011), not Jimmy's Cab, to schedule the arrangement.

Transportation can also be arranged for special events such as an Orioles game or a family trip to the Hippodrome. A resident can book a van or sedan for his/her own event.

The fee is \$16/hour plus \$1/mile, plus a 10 per cent administrative fee. A four-hour booking would cost \$64 plus mileage plus fee. Residents may also use this service for trips to the airport or train station.

Although some of these services overlap those supplied by Friends Circle, the latter additionally provides companions to accompany residents during appointments.

Residents should make reservations for transportation as soon as their appointment is made. Until the new transportation coordinator is hired, all transportation requests should be directed to George Pattee. All scheduling should be done in advance. That is, do not call from the doctor's office to make an appointment.

Lest residents forget -- which experience teaches occasionally happens at Broadmead -- a weekly reminder is placed in their cubbies before a scheduled trip.

As the new program rolls out, Pattee anticipates glitches will occur and solicits feedback from residents about both what works well and what does not.



Hyko Laeyendecker and Sally Robinson display the latest millinery fashions at the recent Terrace Garden reception.

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Interfaith Vespers

3rd Sundays 4:30 p.m., Lounge
September 20
Robin Stratton
Carmelite Sister, Roman Catholic

Bible Study

(sponsored by
Woodbrook Presbyterian Church)
Tuesdays 10 a.m. Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
2nd Wednesdays
10 a.m. Holly Terrace

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
1st Thursdays
10:30 a.m. Holly Terrace

Conversations in Religion and Philosophy

(sponsored by Towson Unitarian
Universalist Church)
2nd Thursdays
10:30 a.m. Fireplace Room

MOVING AROUND BROADMEAD

	<u>From</u>	<u>To</u>
Agnes Bartlett	G-12	G-11
Larry Galla	K-15	S-206
Jeanne Stephenson	K-7	T-312

Literary Publication in Gestation for 35 Years

By Marcia Reinke

In 1980, a front-page headline in a nascent issue of *The Voice* said “Literary Magazine Proposed as Next Broadmeaders’ Project.”

Thirty-five years later this “next project” is scheduled to be born. It’s now to be called *The Broadmead Journal of Poetry and Prose*, not *The Streamer*, a title previously proposed and rejected by the Writers Group. If all goes as planned, it will debut this month or next.

The need expressed in 1980 is the same as today. “*The Voice of the Residents* will carry a poem, (or) an essay from time to time...but it cannot be a classic journal leisurely put together and dealing with timeless subjects,” it said. “The Voice’s focus must be on the what, where, when, how and why almost of the passing moment,” it said, noting that Broadmead had 11 activity groups generating news.

Today, according to BRA president Jim Crowder’s annual report, over 40 activity groups and committees are led by residents. News also comes in from the administration and staff, MaCCRA and other senior groups.

Jim Butzow, who with David Diorio, Flo Dunlop and Tom Kelso are currently the *Broadmead Journal’s* production staff, has put together a draft version on legal-size paper that can be run off on the BRA copy machine and folded for distribution. It has a photo-shopped picture of what Holly House might have looked like before additions and shrubbery around it became overgrown and a tentative back-page explanation that it will be assembled periodically by the Writers Group, with submissions from residents and associate members. It says poems, memoirs, essays, stories and play scripts are welcome. If a submission is too long the author may be asked to present it as an excerpt or serialized.

Initially, with only a very small budget, the plan is two issues a year. Submissions should be sent, if feasible, by email attachment to broadmeadjournal@gmail.com. Hard copies should be put in the Writers Group mailbox.



Broadmead Movies

Tuesday movies by Marge Appleby and Sally Bloomer

Saturday movies by John DePrine and Bob Gist

Tuesday, September 1 **The Big Year**

(Steve Martin) Three men come to a turning point in their stagnant lives. They decide to have a contest to decide who can count the most bird species in North America. (No subtitles)

2011 PG 100 minutes

Saturday, September 5 **Oklahoma**

(Hugh Jackman, Maureen Lipman) Hugh Jackman stars as Curly in the National Theatre's superb production of the Rodgers and Hammerstein classic.

1999 NR 180 minutes

Tuesday, September 8 **Something the Lord Made**

(Alan Rickman, Yasiin Bey) The true story of two medical pioneers, Dr. Blalock and his assistant, who correct a common congenital defect in children.

2004 NR 110 minutes

Saturday, September 12 **The Woman in Gold**

(Helen Mirren, Ryan Reynolds) Six decades after World War II, Jewish octogenarian, Maria Altman, begins a quest to reclaim art works confiscated by the Nazis.

2015 PG-13 109 minutes

Tuesday, September 15 **Greenfingers**

(Helen Mirren, Clive Owen) Comedy about a British convict who becomes a garden expert and competes in England's highest flower show.

2000 NR 91 minutes

Saturday, September 19 **The Proposal**

(Sandra Bullock, Ryan Reynolds) When the overbearing book editor, Margaret Tate, learns she is in danger of losing her visa

status and may be deported back to Canada, she forces her put-upon assistant, Andrew Paxton, to marry her.

2009 PG-13 108 minutes

Tuesday, September 22 **No Movie. Barn Sale**

Saturday, September 26 **Cinderella**

(Lily James, Cate Blanchett, Richard Madden) In this live action retelling of Disney's classic, Ella escapes a life of drudgery by way of a fairy godmother whose magic brings Ella face to face with the prince of her dreams.

2015 PG 105 minutes

Tuesday, September 29 **My Dog Skip**

(Kevin Bacon, Diane Lane) A shy boy grows up in 1940's Mississippi with the help of his beloved dog.

2000 NR 95 minutes

Let's Dance

Monday September 14 7 p.m.
Lounge -- Everyone Welcome

In Memoriam

Gertrude Byrd

May 13, 1915 June 24, 2015

Donna Smith

October 16, 1932 July 8, 2015

Robert Davies

September 21, 1924 July 21, 2015

Charlotte Hurtt

July 4, 1918 July 27, 2015

John (Jack) Williams

March 25, 1927 August 5, 2015

Nan Cockey

March 10, 1928 August 5, 2015

Carter Riefner

September 24, 1915 August 5, 2015

Gladys DeGraffenreidt

January 21, 1915 August 18, 2015

William (Bill) Benson

January 12, 1924 August 22, 2015

VOICE OF THE RESIDENTS

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EDITORIAL POLICY

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of individuals or the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 12th of the prior month or as soon thereafter as the editors specifically allow. All copy is subject to editing and cutting, should be typed and sent to voice@broadmeadra.org, with a hard copy in *The Voice* box in the BRA office. Style Sheets are available on request.

Broadmead Barn Sale

13801 York Road, Cockeysville, MD



Friday, September 25

8:30 a.m. to 2:30 p.m.

Saturday, September 26

9 a.m. to 12:30 p.m.

(half price all day)

Early Bird Thursday Furniture Sale

September 24, 2 to 6 p.m.

Open to everyone this year.

Bake Shop (Friday only)

Men's and Women's Clothes

This 'n' That

Holiday Shop

China/Glassware

Lamps

Kitchenware

Baskets

Books

Walkers

Furniture

Gifts

Linens

Picture Frames

DVDs and Tapes

Power Operated Vehicles

Appliances

Jewelry

Shoes

Handbags

Luggage